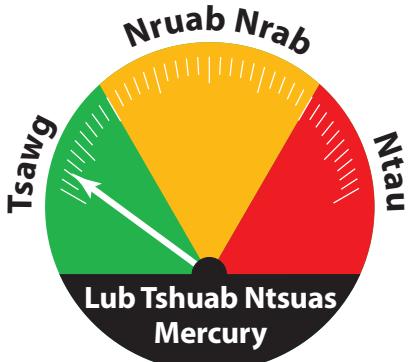


# Kev qhia noj cov ntses txhom los ntawm Tus Niam Dej San Joaquin

Los Tom Lub Pas Dej Tav Friant mus rau Lub Pas Dej Stockton

## Cov pojniam muaj hhub nyoog 18 - 45 thiab cov menyuam yaus hhub nyoog 1 - 17



Ntses dej hia txwv lossis lwm yam ntses dej hia txwv redear  
(Bluegill or redear sunfish)



Ntses Steelhead trout\* ❤  
(Steelhead trout\*)



Ntses American shad ❤  
(American shad)

❤ = Muaj cov Omega-3s Ntau

\* Qhov raug cai yog tsuas saib xyuas hom ntses hatchery steelhead thiab tsuas xaiv hom dej, saib [www.wildlife.ca.gov/Regulations](http://www.wildlife.ca.gov/Regulations)

**2 zaug hauv ib lub asthiv  
LOSSIS**

**3 zaug hauv ib lub asthiv  
ntawm hom ntses hiav  
txwv shad**

**LOSSIS**

noj 1 zaug hauv ib lub asthiv

**Tsis txhob noj  
THIAB**

**Tsis txhob noj hom ntses  
lossis tej tsiaj muaj plhaub  
tuaj tom Lub Pas Dej Stockton**

Cov txivneej muaj hhub nyoog 17 thiab cov pojniam muaj hhub nyoog tshaj 45 yuav tsis muaj mob yog noj nqaij ntses ntaw

**7 zaus hauv ib lub asthiv LOSSIS**

5 zaus hauv ib lub asthiv ntawm hom ntses dej hia txwv lossis lwm yam ntses dej hia txwv LOSSIS

**2 zaus hauv ib lub asthiv LOSSIS**

2 zaug hauv ib lub asthiv ntawm hom ntses txaij tav LOSSIS  
1 zaus hauv ib lub asthiv ntawm hom ntses qhov ncauj loj lossis ntses dawb hav zoov hav tsuag

Tsis txhob noj hom ntses lossis tej tsiaj muaj plhaub tuaj tom Lub Pas Dej Stockton.

### Yuav noj licas?



Rau Cov  
Neeg Laus



Rau Cov  
Menyuam Yaus

Qhov loj thiab tuaj ntawm cov nqaij ntses uas koj yuav noj yog luaj li koj txhais tes. Muab rau cov menyuam yaus noj kom tsawg dua ntawd.

### ❤ Vim licas thiaj noj ntses?

Noj ntses zoo rau koj li kev noj qab haus huv. Ntses muaj cov Omega-3s uas pab t xo kom txhob muaj mob plawv thiab pab ua txhawb kev loj hlob ntawm cov hlwb ntawm cov menyuam yaus thiab cov menyuam mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.

### Kev txhawj xeeb yog dabtsi?

Qee hom ntses muaj cov tshuaj kua hlau (mercury) thiab PCBs ntaw. Mercury tuaj yeem cuam tshuam rau cov hlwb tshwj xeeb mas cov menyuam yaus thiab cov menyuam mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.